

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

**Rick Scott**

Governor

John H. Armstrong, MD, FACS

State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

Dear Healthcare Provider:

The Florida Department of Health - Hillsborough offers a FREE Diabetes Self-Management Education (DSME) class. These classes are based on the National Standards for Diabetes Self-Management and are designed to provide the support and information needed to empower persons with diabetes to better manage their condition and reduce potential disease complications. The classes meet once a week for six weeks and are led by experienced, licensed healthcare providers.

Program participants should have a diagnosis of diabetes and be over the age of 18. The participant's caregivers and family are encouraged to attend with the participant. This program specifically addresses the needs of those with type 2 diabetes but individuals with type 1 diabetes may also benefit from the program.

Once your patient has completed the program we will notify your office and provide details of their participation. In order to evaluate and continue to offer this free service, we ask participants to submit laboratory results, specifically A1c results, that are obtained approximately six months after the completion of the program.

Other FREE services available to residents include our new Diabetes Prevention Program (DPP), the GIFT (Get Into Fitness Today) weight management program, and Living Healthy. Living Healthy is an evidence based self-management class that offers support to individuals living with chronic conditions like arthritis, chronic pain, high blood pressure, and anxiety. Medical Nutrition Therapy is also available for a fee. Medicare Part B patients are accepted.

How to Refer a Patient:

1. Complete the enclosed referral form and select the appropriate program
2. If referring patient to the DSME or the DPP, please fax the referral form **AND** the patient's most recent weight and laboratory results for A1c (if available), Blood Glucose, and Lipid Panel.

If you have any questions about the programs available, the referral process, or if you would simply like to request additional patient materials, please contact us. We look forward to working with you, your staff, and your patients.

Sincerely,

Florida Department of Health – Hillsborough County
Community Health Division

Florida Department of Health – Hillsborough County

Division of Community Health • Health Education
P.O. Box 5135
Tampa, FL 33675-5135
PHONE: (813) 307-8071 • FAX: (813) 307-8094

www.FloridasHealth.com

TWITTER: HealthyFLA

FACEBOOK: FLDepartmentofHealth

YOUTUBE: fldoh